

### **FIT & FABULOUS**

This low impact cardio class will give you a jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

### **LOW IMPACT STEP AEROBICS**

This class offers an alternate aerobic workout by using a series of basic step combinations with the step platforms to add a variety to the cardiovascular workout. Muscle conditioning and a relaxing stretch are included in this hour.

### **MAX TONE AND FITNESS**

This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up!

### **STEP CIRCUIT**

This aerobics class combines the basics step class interspersed with strength and core work.

### **TOTALLY TONING**

This class that uses weights, bands, body bars and gravity to strengthen and tone all major muscle groups.

### **ULTIMATE CIRCUIT TRAINING**

15 yrs & up. Discover how easy it is to exercise when you can alternate between serious weight training and energetic cardio-step. This fun-to-follow circuit format helps you slim down, firm up and get limber faster than you could ever imagine.

### **PILATES**

This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

### **DANCE CRAZE**

A fun mix of fun dance inspired games. The class promotes creative movement and expression through dance. Perfect for all levels. Dance games include freeze dance, dance off, around the world, hi-low and show off. These classes are not available for fee assistance.

### **H.E.R.O. FAMILY PROGRAM**

HERO - Helping Everyone Respect Others. For 5 years and older...even the parents can sign up! This popular 6 week program has been reformatted so siblings and/or even the whole family can participate together! HERO is designed to introduce individuals to the basic blocks, strikes and kicks of Martial Arts training. In addition, build Self-Esteem, Self-Confidence and above all else, Courtesy and Respect for each other. (Each participating family member must register)

### **HIP HOP DANCE**

All the latest Hip Hop dance moves to your favorite music. Kids will love the dynamic music and the opportunity to build self-esteem while staying fit. Kids will have fun learning a cool Hip Hop routine that will be showcased on the last day. Great for boys and girls. Not available for fee assistance.

### **SALSA**

Muy caliente! Learn to dance salsa-the hot, sultry Latin dance that is known across the world! You've seen it on TV, now it's your turn. No experience necessary. Salsa is a partner dance but no partner is required because we will rotate during the class. Also included is a brief introduction to meringue and bachata. See you on the dance floor!

### **WUSHU KUNG FU**

Chinese Wushu Kung Fu Program offers a fun and exciting way to learn Chinese Kung Fu. Your child will develop a healthy lifestyle of fitness and wellness through dedication and perseverance to this contemporary Chinese Sport. Kung Fu teaches courtesy, focus, respect, goal setting, anger management and safety. Most importantly, your child will gain confidence, learn leadership skills and have FUN! Course emphasizes basic techniques and short forms.

**Drop-In Fee (per class) is \$6.00**

**\*\* Note: some of the above classes may be subject to registration only \*\***

**For further questions please contact Leisure Education at: (480) 312-7957.**

